

Students participated in lectures and seminars on team building, decision making, critical thinking, stress management, health and fitness, Myers-Briggs Type Indicator, and leadership. Health risk assessments were given, and an on-line "classroom" using advanced technology, America On-Line's Military City On-Line, is being tested with the students. This previously has been used with success by the Air Command and Staff College (ACSC). The ACSC experience was with a small, selected group; therefore, AMSC's large group and dispersion of students throughout the world will make this an interesting challenge.

Although the team interaction of AMSC's resident program cannot be duplicated because these students won't be together every day, the seminars will create this teamwork to every extent possible through other available means. The home study work follows a rigorous schedule, as every attempt has been made to ensure the graduate of the nonresident program is as comfortable with "how the Army runs" as the resident student !

Students entering programs such as this must be very disciplined and dedicated. "This was not designed, nor was it ever intended to be, a correspondence program," said Dr. **Lohmann**, at the closing session. She continued, "This was designed to be a true distance education program. An advantage you will have is that you will be able to immediately apply what you have learned to your environment, No doubt your class will teach us much we can apply in all AMSC programs."

HOW CAN YOU RESIST RESISTANCE TRAINING?

The Benefits of Strength Training

Strength training is on the rebound. It has moved out of the basement gym with the football players and bodybuilders into the fitness center. Now, strength training is a perfect complement to an aerobic program, or a great way to get started in an exercise program. The primary effect of resistance exercises is the increase in the strength and endurance of muscles, tendons, and ligaments. What are the benefits? To begin with, increasing your muscle mass will help you fight fat. Muscle tissue burns calories, and the more muscle you have, the more calories you will burn, at rest and during

exercise. The more calories you burn, the fewer your body will store as fat. You begin to lose a substantial amount of muscle tissue beginning in your twenties. This, coupled with a typically more sedentary lifestyle, causes a significant reduction in your metabolism. It is important to do something to reverse this trend. Stronger muscles will also improve your performance and protect your body from some of the injuries of everyday life, or from your sports or exercise activities. Since the benefits of strength training also **apply** to the tendons and ligaments, they are also better able to protect your joints from injury due to high impact or twisting movements.

Major Muscle Groups

Which muscles, tendons, and ligaments should you be concentrating on for an optimal weight workout? According to the **YMCA's Building Strength at the YMCA**, the following major muscle groups are in the top ten list for maximizing the benefits of strength training: quadriceps (front of the thigh), hamstrings (back of the thigh, erector **spinae** (center back), abdominal, pectorals major (chest), **latissimus** dorsi (over the shoulder blades), deltoids (tops of the shoulders), biceps, triceps, neck flexors (front of the neck), and neck extensors (back of the neck).

Machines or Free Weights?

The benefits to using weight training machines are that you don't have to control the path of the weights. It's a lot safer for new and moderately experienced weight trainers. Lifting free weights can give you more control over training specific muscle groups. Many gyms don't have free weights because of the risk of injury due to a wild weight or loss of control. You should always have a spotter when using free weights. The primary disadvantage to machines is they may not be adjustable to fit your proportions, and you may have to do a lift slightly incorrectly. Generally speaking, though, machine weights are more practical and effective than free weights.

Frequency of Strength Training

You can gain all the benefits of a strength training program by working out two to three days each week. If you work out more than this, you are increasing your chances of injury. The muscles must have time for recovery.

Sets and Reps

Do at least one set of a particular exercise for each muscle group. Research has shown that one set of exercise is as effective as doing two or three sets. This is good news if you don't have a lot of time to spend on your weight workout.

How Much Weight?

More is not always better, in terms of how much weight to lift. Set the weight at about 75% of the maximum amount you can lift for a particular exercise. Another way to determine the ideal weight is lift what you can at least twelve times. If you can do sixteen reps, raise the weight slightly.

Form Matters

Perform each exercise through a full range of motion, keeping the movement slow and controlled. Don't let the weights fall! If your form starts to suffer, or you feel pain, stop the exercise and lower the weight.

Safety First

Never hold your breath while you are lifting. This is a potentially dangerous practice, since it causes dramatic fluctuations in your blood pressure. You will probably be sore after the first few times you perform the exercises, but this should go away within a few weeks of working out. If not, see your fitness professional or your physician. If you haven't exercised in awhile or have special limitations, get your physician's recommendations before you begin a program.



Visions is the unofficial publication of the Army Management Staff College. Opinions expressed are those of the writer and do not necessarily represent the views of the Department of the Army. **Visions** welcomes your comments, suggestions, column ideas, and information you feel would be of interest to students and graduates.

AMSC APPLICATION PROCESS

WHO: GS-12, GS/GM 13-14 and GS/GM15 by exception

HOW: Submit:

AMSC Application Form
DA Form 2302
Last 3 Performance Appraisals
SF 181

THRU: Local CPO/Installation Commander to MACOM

HQ DA Board selects, message notifies MACOM who in turn notifies applicants

WHEN: Local CPOS establish internal suspense to meet dates below

FUTURE CLASSES

<u>APPLICATION DUE</u>	
<u>START DATES</u>	<u>AT HQ DA</u>
9 JAN 96	18 SEP 95
7 MAY 96	22 JAN 96
10 SEP 96	20 MAY 96



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